



Guide to Healthy Living Enterprise

Annexe Communities has launched Healthy Living Enterprise, a social enterprise initiative. Utilising our skills and expertise developed over the past ten years in the area of community based health improvement we have a bank of self employed sessional tutors who deliver a range of healthy living services to the public sector, private sector and other voluntary organisations. Annexe Communities has ensured these tutors can deliver a high quality service and are trained in child protection, community awareness and have the skills to work in a range of settings. Tutors are sensitive to the needs of vulnerable individuals and community groups.

Annexe Communities ensures all necessary checks are carried out i.e. disclosure checks, public liability insurance and that tutors are suitably qualified for the activity they are providing. We manage the booking and invoicing arrangements and charge a small management fee. Costs range from £30 per hour to £50 per hour plus the costs of materials e.g. fruit & vegetables and travel costs. All workshops are available from a minimum of 2 hours. The small profit we generate is used to deliver our own charitable activities.

Services currently available:

1. Stress management for individuals

Individual one hour treatments: complementary therapies; back massage, Indian head massage, reiki, shiatsu, hand & arm massage, reflexology. See below for further details. Taster sessions (30 min) can also be delivered for open day events

2. Stress management and healthy lifestyle courses for groups

Six week Positive Lifestyle Course: self help and lifestyle coaching
Stress Management Techniques: one off workshops or 6 week courses
Next Steps Course
Healthy Living Course

3. Healthy eating

Fruit Smoothie workshops: one off demos or complete six week course
Souper Douper workshops: (soups) one off demos or complete six week course
Get cooking get shopping 6 week course: basic cooking skills
Healthy eating on a budget 6 week course

4. Physical activity:

Health Walks: guided one hour health walk in your local area including risk assessment
Shoto Budo: gentle martial art that helps develop self awareness, strength & suppleness
Chi Kung: gentle energy exercise used in Chinese health practices

5. Community arts:

Drumming workshops: African hand drums, rhythm workshops, great for teambuilding
Stained Glass workshops: one off or longer, window decorations or creating a stained glass window
Art for All: Art techniques one off workshops or longer courses which are tailored for beginners or advanced

Example of services delivered

Celtic and Rangers football clubs: stress management nutrition and healthy eating workshop for their 'Fit for Life' courses for men

Richmond Fellowship: six week stress management for staff working towards their Healthy Working Lives award

ASRA: Stress management for older people delivered as individual therapies for males and females

Family Integration Network – Provided smoothie tasters for 1500 people as part of International Family Day

Hyndland Primary School – Healthy eating workshops for senior pupils transferring to secondary school

Breakthrough Youth Project – Healthy eating on a budget, 10 week course for 12 young people



Complementary Therapies Guide

Indian Head Massage

This is a massage of the head, neck, shoulders and back which can be both invigorating and relaxing

Back Massage

Commonly known as Swedish massage, relieves muscle tension and pain and increases flexibility and mobility

Reflexology

Reflexology consists of pressure and massage of the reflex points found on the feet

Reiki

This treatment is non-invasive the therapist simply places their hands gently on different areas of the body, particularly the head and the torso, for about three to five minutes, energy is transferred from the hands of the practitioner, with the goal of restoring the body's energy to a state of balance.

Shiatsu

The word shiatsu means "finger pressure", and shiatsu is sometimes described as a finger pressure massage. The treatment calms an overactive sympathetic nervous system, which improves circulation, relieves stiff muscles, and alleviates stress.

What happens during a therapy session?

Therapy sessions are usually for a minimum of one hour, the first appointment includes an initial assessment, completion of registration form and contra indication checklist. If certain health conditions are present (e.g. high blood pressure, epilepsy) then a doctor's consent may be required for all Therapies, except Reiki.

During events and open days 30 minute taster sessions may be available, these also must include registration and contra indication checklist and if necessary doctors consent may be needed.

If you would like to make an enquiry about the services please complete a booking enquiry form or telephone Jane Cowie at the number below or email jane.cowie@annexecommunities.org.uk.

To confirm your booking please complete an Annexe Healthy Living Services Booking Form.

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